


ED. JAMES' STANDARD SPORTING SERIALS, No. 7.

BOXING

AND



WRESTLING

ED. JAMES, N.Y.



ED. JAMES,

Author of the Standard Sporting Series, to wit: Manual of Sporting Rules; Indian Club and Dumb-bell; Practical Training; Health, Strength and Muscle; Modern Oarsmen; The Game Cock; Terrier Dogs; Champions of England; Lives of Tom Hyer, John Morrissey, Dan Donnelly, John C. Heenan, Yankee Sullivan, Jack Randall, etc., etc.

THE
COMPLETE HANDBOOK
OF
BOXING
AND
WRESTLING;
WITH
FULL AND SIMPLE INSTRUCTIONS
ON ACQUIRING THESE
USEFUL, INVIGORATING, AND HEALTH-GIVING ARTS.
ILLUSTRATED WITH
FIFTY ORIGINAL ENGRAVINGS AND PORTRAITS.

By

ED. JAMES,

AUTHOR OF "THE DUMB-BELL AND INDIAN CLUB," "HEALTH, STRENGTH AND MUSCLE," "PRACTICAL TRAINING," "MANUAL OF SPORTING RULES," "THE GAME COCK," "TERRIER DOGS," ETC., ETC.



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THE SCIENCE OF BOXING.

INTRODUCTION.

No one is capable of imparting to others a knowledge of that which he is not thoroughly familiar with by practical experience; and those who may out of jealousy or from inquisitiveness want to be informed as to "What we know about sparring and wrestling," we will so far gratify as to say that twenty years or more ago our preceptor was the renowned Yankee Sullivan, and that later on a regular course of lessons was had from William Hastings, conqueror of Orville Gardner and others; Sam Freeman, the best teacher of his day, and James Hunter, of Brooklyn, who received his tuition from Johnny Walker and Yankee Sullivan. For a few years we tried to impart all we knew to a host of others by sparring with them, and while confessing to have received many a sprained thumb, black and blue arms, and a black eye or two, sprinkled with a few bloody noses, during our course of sprouts, none of these annoyances occurred when possessed of the proper knowledge, backed up by plenty of practice. Few have witnessed more glove contests, or oftener acted as referee in matches with and without the gloves, and had not our sight become impaired, there is no telling where we should have stopped—

April 1985 - Adelman Collection

perhaps, instead of dealing in sporting goods and writing books on sporting matters, we might have tacked onto our name "Professor" and been teaching the young idea how to shoot out his left and stop with his right in a proper manner—as we are not, we take this method of giving instruction, believing and hoping all who read, ponder, inwardly digest, and, above all, practice its precepts, may become a great deal cleverer than we ever were.

OBJECT AND BENEFIT OF SPARRING.

THERE is no single exercise taught in our gymnasiums, or practiced on land or water, which calls into active use more parts of the body at the same time than the art of sparring. It brings into play every muscle and nerve from the eyes to the toes, while the brain plays a very conspicuous part. It is for this reason, more than to make candidates for the Prize Ring, we take a stand in its favor, adding that a knowledge of the science will be found of incalculable value if ever you should be forced into a fight, be attacked by some street rowdy, or be called upon to defend either sex from insult or actual assault. A complete knowledge of sparring gives confidence and courage, coolness, presence of mind, quick perception, grace, elasticity, strength, manliness, and, even when the knife or pistol has been attempted to be used, we have known scores of cases where their weapons have been seized and a sound thrashing administered to those bent on killing them or someone else. The main object in sparring is to strike your adversary as often as possible and prevent him from striking you.

GENERAL OBSERVATIONS.

UNTIL you have learned to protect your thumb and got used to guarding, an occasional sprain may be the result, although this need never happen when the hands are properly closed. The right forearm may become more or less bruised, which can be cured by applying brandy and water to the part a few times. In striking, throw the weight of the body on the left leg, bending the knee slightly and extending the right leg as much as possible. In stop-

ping blows, throw your weight on the right leg and always set the muscles of the arm firm, for if kept otherwise, the blow is apt to be the means of making your own arm hurt yourself.

The proper time to strike is when your partner lifts his left foot, or projects his left arm, or shuts his eyes, taking care that he does not initiate by catching you in the same way.

An impetuous sparrer may be very much bothered and annoyed by your simply holding the left arm straight out in front, as he runs at you, receiving its full force in the face, after which he will soon stop to consider and discontinue his rushing tactics.

Straight blows, from the shorter distance they have to travel, compared to round ones, are always the best. We should advise that twenty minutes be the maximum for sparring at one time, as every faculty of the mind and body are actively employed during the set-to, and suggest the propriety of being rubbed dry with a coarse towel at the conclusion. The most dangerous, although not necessarily the most exposed points of attack are the temples, throat, butt of ear, eyes, nose, jawbone, mark (or pit of stomach), loins, ribs and the heart.

It is always best to avoid exercise with the gloves on a full stomach; at least two hours should elapse between eating and sparring, and where possible the set-to should be practiced in a well-ventilated room, or, better still, on the turf in pleasant weather. The costume should be: a short-sleeved undershirt, pantaloons or knee tights, long, white stockings, and high, laced-up shoes with low heels; a handkerchief or web belt tied around the waist, to keep the garments snug, will be found useful. The padding of the gloves should project well over the tips of the fingers, and to avoid what is known as "palming" (striking with the heel of the hand), it would be well to have the gloves heel-padded, with strings to tighten, in order to hold them more firmly on the hand. Medium-sized gloves are the best; those made small and hard are pretty nearly as bad as having none on at all, while the other extreme is to be condemned, it being impossible to make a good display with four pillows between your faces. Gloves when soiled may be cleaned with benzine.

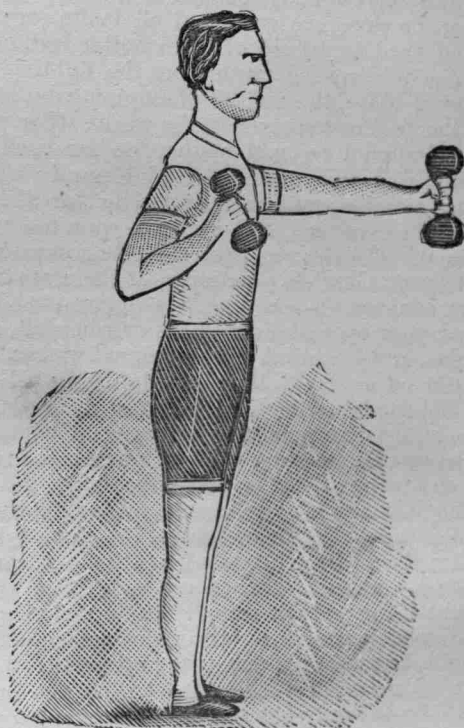


JAMES MACE.

THE BEST ATTITUDE.

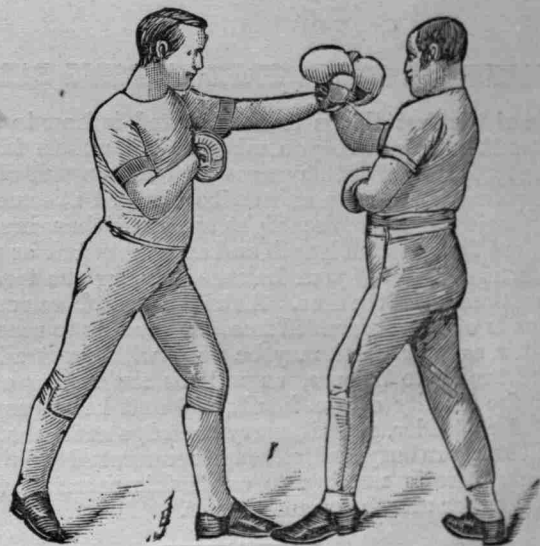
NEARLY every authority as to the attitude of a sparrer differs, but the easiest and most natural position will, by experience, be found to be the best. Holding the arms high involves a continual strain upon them, more tiresome than their active use. Sawing the air may look showy for a time, afterwards becoming very monotonous as well as useless. Leaning the body forward or backward, standing too wide or too close, are each and all faults very easy to acquire, but hard to get rid of. No better instance, as an example, can perhaps be given than the fighting attitude of Mr. James Mace, the retired champion, who is, beyond a doubt, the cleverest sparrer in the world. (See portrait.)

The head should be held neither too far back nor too far forward, with chin neither too high nor too low, but as natural as possible, without any studied or affected air. Mouth should be closed, and eyes not open too wide—the eyes being the tell-tales; and you should show no intentions with them yourself while practicing, at the same time reading your adversary's—only keep a determined look, and don't shut your eyes at every feint or when hit, as this is fatal to you, and just what your opponent wishes. The left arm should be held with the elbow touching a little above the left hip, the forearm slightly curved upwards, the back knuckles to the front, hands partly closed when sparring, wholly so when delivering a blow. The right arm's most natural and proper place is across the body, the hand just below the left nipple and forearm protecting the "mark," or pit of stomach, the inside part of the glove lying flat on the body; the left leg foremost, a little in advance of the right, the latter being turned out more than the former, the weight of the body principally on the right leg. In sparring, throw out your left slightly in advance to and fro, as also your right, but not so much as the other, rising up on the toes, or taking small steps in front when the body should lean slightly toward your man. On stepping forward with your left foot, if he moves backward, bring up your right foot after it; but if he advances, stand your ground, or take a slight back-step, and thus keep manœuvring till you see your chance to lead or counter.



LEARNING TO STRIKE WITHOUT LOSING BALANCE.

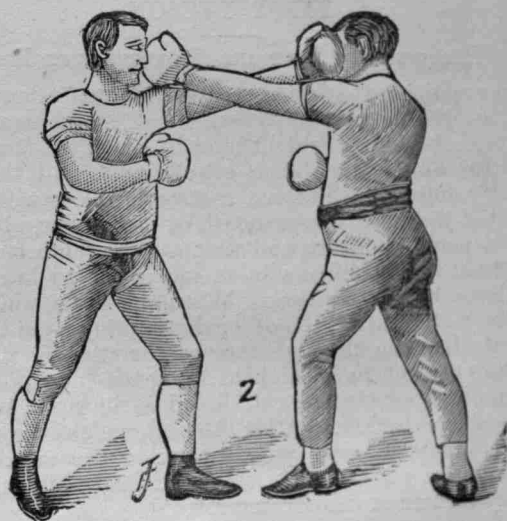
ONE of the first things to be acquired is how to balance yourself, so as in case you miss a blow, not to fall head-long forwards. For this purpose procure a pair of five or six pound dumb-bells, and strike forward at some imaginary object, first left, then right, and so on changing, throwing out the arms full length and as far forward as possible without getting off your balance, keeping the feet in the same position all the time. A striking-bag, fifteen or twenty pounds weight, suspended from above so as to reach about as low as your chest, may be used with great advantage for learning to balance, as well as for hitting out. To acquire celerity of eye, hands, feet and head, suspend an inflated bladder, and hit, parry or dodge as it rebounds—it will keep you busy, and, although recommended by no other work, there is nothing to equal this sparring with the bladder for exercise or amusement.



FIRST LESSON.

LEADING WITH LEFT AND STOPPING WITH RIGHT.

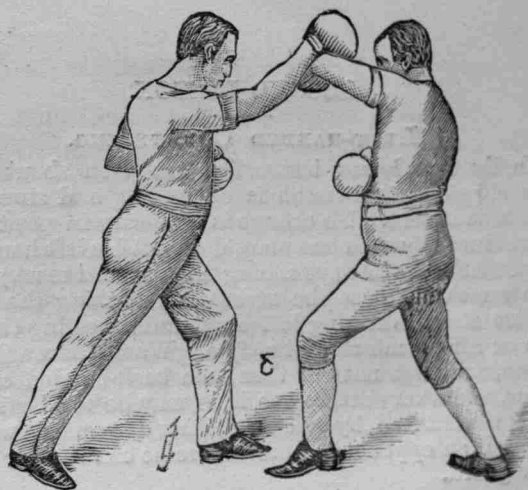
In practicing the first movement, the contestants should, in the attitude previously explained, stand near enough for the left-handed straight blow to reach the face, but not so close as to touch each other's feet, and then strike quickly and with full force a straight blow with the left hand at the nose, eye or mouth of each other, always having a point to hit at, and that a vulnerable one, for the forehead or cheek-bone is as much apt to hurt the one striking as the one struck. When one leads, which should be done alternately, the other should stop by either catching the blow on the right forearm, or turning it aside by raising the right arm and throwing the blow one side upwards, but not throwing the hand to the right beyond the line of the shoulder. After the lead, which let go with full force, draw left arm quickly back to the side. Practice this lesson till both can stop and lead well, and without awkwardness or embarrassment.



SECOND LESSON.

LEFT-HANDED COUNTERING.

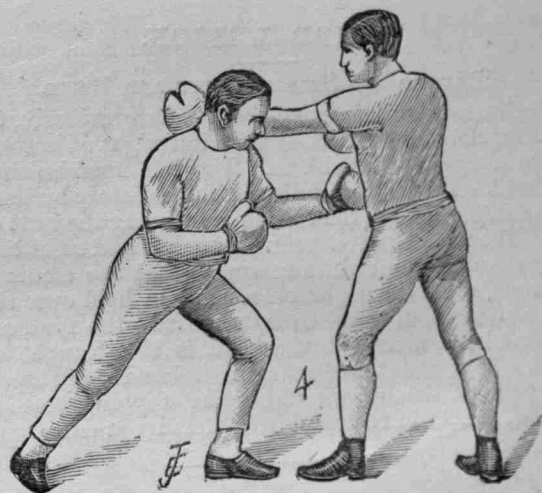
In the first lesson instruction was given about leading and stopping; this lesson is on leading and stopping at the same instant. No change is necessary in position, but simultaneously each one must dash out his left hand at his opponent's face (always aiming for a special mark), and at the same time raise the right arm, catching the blow as before stated, drawing left back, and repeating the lesson ten or fifteen minutes at a time. When thorough in this movement, but not till then, the back-handed chopping blow, and a very severe one it is, may be used after stopping the left lead, by quickly striking downwards with your right at an opponent's nose before he can recover his proper guard.



THIRD LESSON.

LEADING AND STOPPING LEFT AND RIGHT.

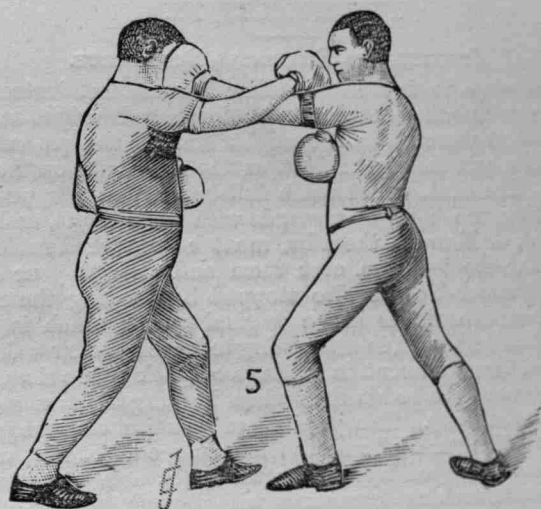
The learners will, in same posture as previously, take it in turns, striking the left at face and right at butt of left ear and stopping these blows. The left must be aimed at the head, a straight hit, followed immediately by the right sent slanting across, the spot in view being the butt of the ear. The manner of stopping these left and right handers is by elevating the right forearm, so that the elbow points upwards, while the right open hand is held over the left ear, leaving room to see over the guard—the first, or left-handed blow, aimed at the head, is thus caught on the right elbow, and the slanting right-hander is stopped by the palm of the other's right. In stopping these blows, the left is held in reserve during friendly practice.



FOURTH LESSON.

STOPPING AND DELIVERING BODY-BLOWS.

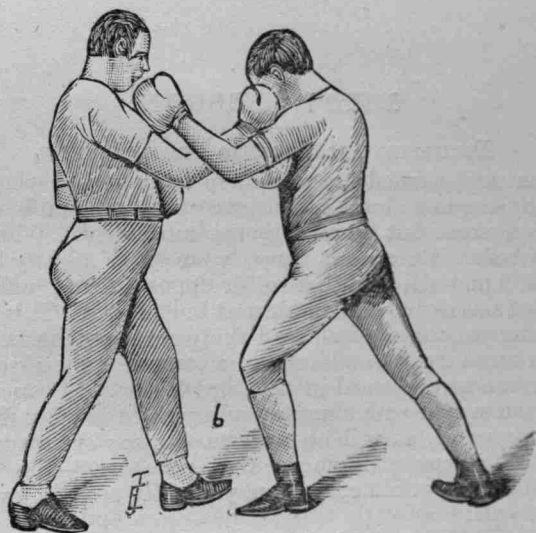
No change in figure from other lessons, but instead of leading with left at the face and following with right on ear, the left is directed in a straight line at the pit of the stomach, and the right aslant at the small ribs on the left side. The first, or stomach left-hander, is stopped by knocking the blow downwards with your right, and the second, or blow at the ribs, must be rendered futile by drawing the left arm over them and close to your side. The stomach-blow is also stopped by keeping the right forearm across it, as in the original guard, which is perhaps the best, as if, in attempting to knock the blow downwards, the movement is made too quick or too slow, you are more apt to be hit than when keeping the arm steady across the body. The pupils can practice delivering the right at the "mark" and the left at the right ribs, which must be stopped by holding the right arm close to the side and knocking downwards with the left. When a blow is aimed at the "mark," and by any mishap it cannot be stopped, drawing in and holding the breath will neutralize the pain otherwise sure to follow.



FIFTH LESSON.

DELIVERING AND AVOIDING CROSS-COUNTERS.

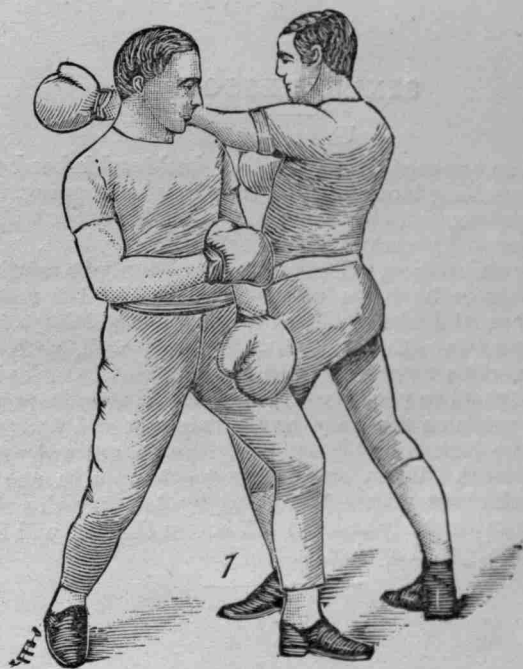
The right-handed cross-counter is only used when the left of your antagonist is on its way to strike and his body thrown somewhat forward by the movement. When his left face-hit is sent out, throw your head slightly to the right, bring the right shoulder forward, and with the right hand aim a slanting blow at his left ear. This cross-counter may be stopped by quickly covering the point of attack with the right hand palm towards your adversary, the same as explained in the third lesson. If you should happen to spar with a man standing right hand and right foot foremost, it will be well to become accustomed to changing your attitude in the same way—the cross-counter then would come from your left sent in over his right lead.



SIXTH LESSON.

UPPER-CUTS.

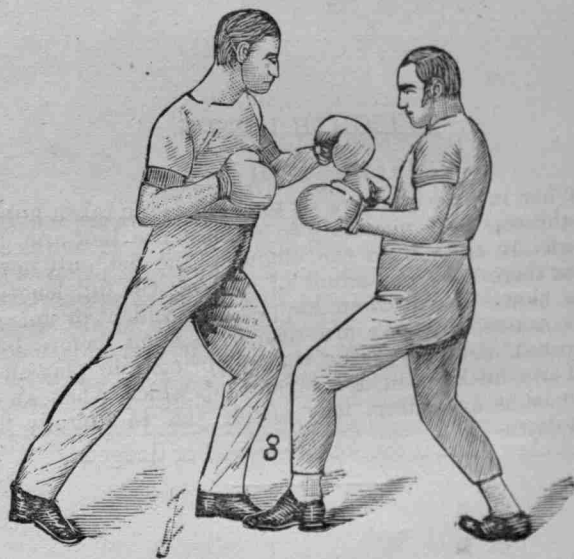
When an opponent has a habit of ducking his head and thereby avoiding blows without resorting to stopping, it is apt to confuse; but, on a few repetitions, his caper will be made known by certain signs beforehand, which, when properly understood, will give the opportunity to administer that severe blow, the upper-cut, delivered the instant your opponent ducks his head down, by describing a half-circle upwards with the right—if aimed well, with the large knuckles upwards, it will be sufficient to make him quit and stand to you, face to face. Ducking is frequently done to get in on the body, and mostly resorted to by experts, who depend on quickness of legs to get away from the upper-cut. When an opponent attempts to use the upper-cut blows with either hand, by keeping the right arm across the body and the left across the face will form an effectual guard against it.



SEVENTH LESSON.

DUCKING AND DODGING.

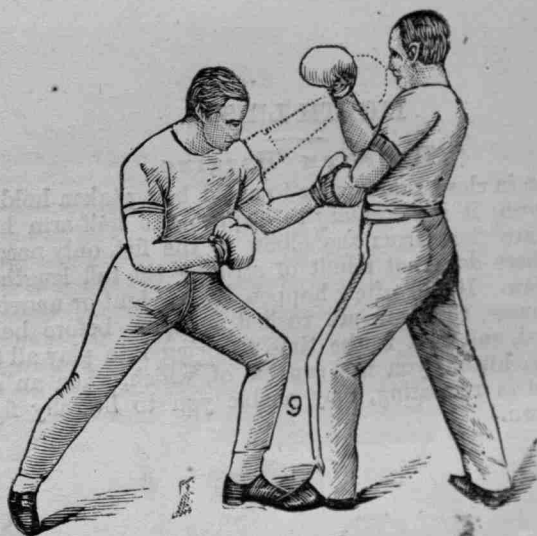
This should only be indulged in when blows are sent in too rapid to stop, as in half-arm hitting, and requires great activity and long practice to adopt with safety. It may be practiced by each one in turn in close quarters, when in a regular set-to, each on his merits, as also dodging the head from side to side. It is fair, and adds much to the interest when all the points are made in a set-to, always looking out and being on the alert for upper-cuts. Dropping on one knee is sometimes resorted to, to avoid a wicked blow when it cannot be stopped or dodged.



EIGHTH LESSON.

HALF-ARM HITTING.

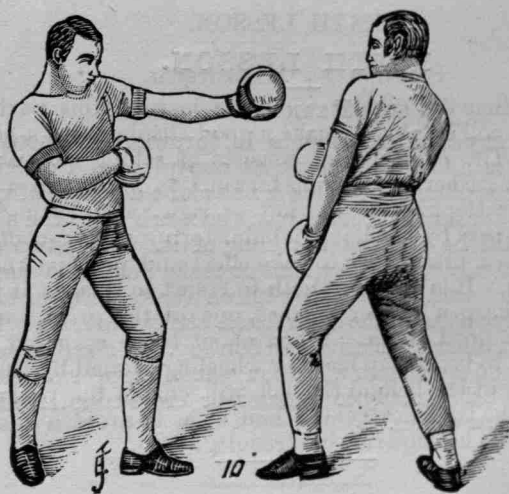
When in close quarters, or to avoid being taken hold of, or thrown, it is necessary to acquire the half-arm hits, which are those from the elbow to the fist, only needed when there does not admit of striking the full length of arm blow. It will often happen, by accident or unavoidable causes, that you are rushed in upon before being prepared, and that is the time to bring into play all the half-arm hitting you are capable of, which, when an antagonist is retreating, may enable you to literally fight him down.



NINTH LESSON.

FEINTS.

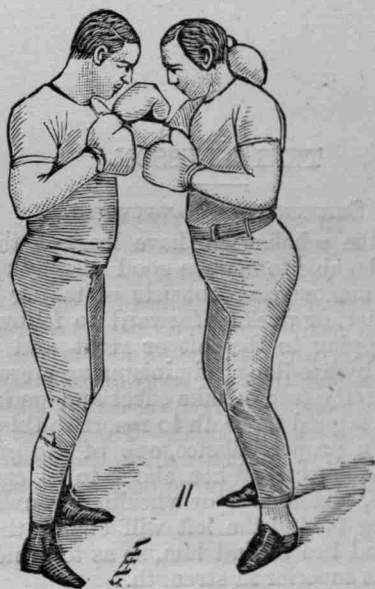
Almost any trick resorted to to throw an opponent off his guard is a feint. Looking at one place and striking at another is often done—this is not alone a source of perplexity to the amateur, it is almost as much so to the professional till he has got the hang of it. When two are sparring together, one may feint or make believe to aim at the face and send in a stinging hit on the “mark,” or feint at the body and with the same hand strike the nose. The left is used almost exclusively in feinting. A steady guard, coolness, and quickness will soon put a stopper on these feints, by being ready to counter or cross-counter when the real blow comes.



TENTH LESSON.

SHIFTING OR MANŒUVRING.

By the time the scholar will have learned this part of the art he will be able to make a good display with a good sparrer. The manœuvring consists of taking back steps to avoid a rusher, or working forward to follow up a retreat, or stepping to the left or right and letting an opponent pass by headlong, administering a cross-counter as he passes, pretty sure to take effect and perhaps knock him down. It is good for both to resort to this, as it will learn to keep a proper balance, one of the great essentials in a good boxer. When about to be cornered, or expecting to be, a step back or wheeling around by throwing the right leg behind the left will enable the party to see how the land lies behind him, so as to avoid a rusher who may be his superior in strength.



ELEVENTH LESSON.

FIBBING.

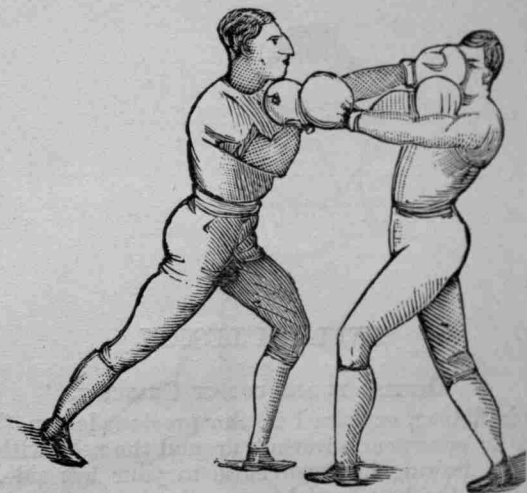
After a number of exchanges have taken place on both sides, and upon getting into too close quarters, seize your opponent quickly with the left and encircle your arm round his neck, and then fib away at his face with your right. The recipient will reciprocate by fibbing you in return on the ribs with his right. The way of getting out of the dilemma is to suddenly duck the head, which will release his hold, and then spring back and recover guard.



TWELFTH LESSON.

GETTING IN AND OUT OF CHANCERY.

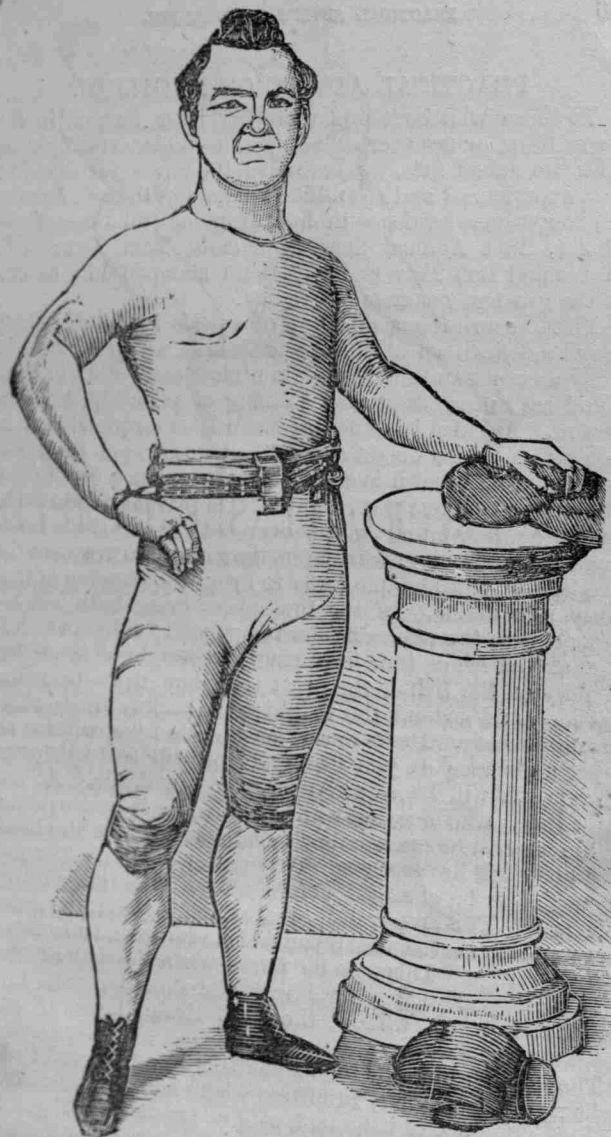
As in fibbing, explained in the previous lesson, the object is to seize your adversary around the neck with your left arm, drawing his head close to your left side, then putting on the hug by tightening the left arm about his neck, and at the same time holding his left wrist with your left, proceed to punish him about the face with your right until you are tired. To extricate yourself from a similar dangerous condition, if you should fail to induce him by a vigorous use of your right from behind on his short ribs, then force your right arm over his left shoulder against his throat, pressing it backward with all your strength, or make the best of your way by slipping through his arm and dropping on your knees. Another method of getting an opponent in chancery is when he attempts to dodge under either arm, for the purpose of avoiding your lead and to be able to use his fists on you from the rear, to seize him around the neck as he stoops to pass by, and then, holding his head tight, pay him off by a vigorous application about his body, with an occasional rap on the face from behind across your back.



MARQUIS OF QUEENSBERRY RULES

GOVERNING CONTESTS FOR ENDURANCE.

1. To be a fair stand-up boxing match, in a 24ft. ring, or as near that size as practicable.
2. No wrestling or hugging allowed.
3. The rounds to be of three minutes' duration, and one minute time between rounds.
4. If either man fall, through weakness or otherwise, he must get up unassisted; ten seconds to be allowed him to do so, the other man meanwhile to return to his corner, and when the fallen man is on his legs the round is to be resumed and continued until the three minutes have expired. If one man fails to come to the scratch in the ten seconds allowed, it shall be in the power of the referee to give his award in favor of the other man.
5. A man hanging on the ropes in a helpless state, with his toes off the ground, shall be considered down.
6. No seconds or any other person to be allowed in the ring during the rounds.
7. Should the contest be stopped by any unavoidable interference, the referee to name time and place, as soon as possible, for finishing the contest; so that the match must be won and lost, unless the backers of both men agree to draw the stakes.
8. The gloves to be fair-sized boxing-gloves of the best quality and new.
9. Should a glove burst, or come off, it must be replaced to the referee's satisfaction.
10. A man on one knee is considered down, and if struck is entitled to the stakes.
11. No shoes or boots with sprigs allowed.
12. The contest in all other respects to be governed by the revised rules of the London Prize-ring.



JOHNNY WALKER, Ex-Champion Middle-weight.

PRACTICAL ADVICE ON PUGILISM.

To those who contemplate trying their fortune in the Prize Ring, or are ever called upon to do any real fighting with the naked fists, we here give the advice furnished by that experienced and scientific exponent of the art, Johnny Walker, whose battles with Jack Hannon, Bill Jones, Fred Mason, Ned Adams, Sam Simmonds, Tom Lane, Bill Hayes and Bob Travers in England stamped him as one of the greatest generals of the day.

First, secure the acquisition of a perfect attitude, which may be defined as a habit of position in which the human body assumes and maintains its utmost ease and comfort. The least uneasiness, to say nothing of pain, indicates restraint. An idea is often erroneously entertained that in boxing the entire weight should be thrown upon the hindmost foot, and that it is sufficient to avail one's self of the elasticity of the one put forward. The weight of the body should be distributed *equally* over both legs. If the hindmost leg be standing flatly upon the ground, it requires the exertion of considerable force to bring the impetus of that body into action. In the first place, bring both feet together, with their soles flat on the ground; extend the left leg, at the same time throwing the weight of each leg slightly on the ball of the great toe; then draw back the left foot, and extend the weight in a backward direction simultaneously. Perform this as quick as you will for as great a distance as you like, and you will find that your movements will be as active as you can desire. At the same time, on striking out with the arms, the leverage power of the leg will be immediately experienced, whilst the head and body will be kept completely out of danger. The fist should never be clenched before a blow is actually being delivered. The proper height at which to hold the arms and hands is that at which you feel no inconvenience from their leverage. This will be found when the ball of the thumb is nearly at a level with the shoulder, with the arm outstretched, without the least strain, however, on the muscle.

The notion cannot be too emphatically contradicted that fighting consists merely in hitting where and how you can, without reference to judgment, skill or precision. A good boxer should make his points with the celerity and certainty of a sharpshooter. In striking, *judgment* is shown by delivering blows on the most vulnerable parts of the

body, in making quick successive returns to sore spots, and in not wasting blows. Thus it would not be policy, after closing one of your antagonist's eyes, to keep popping at the same place; but it would be manifestly advantageous to repeat the operation with respect to the sound optic. Precision is accomplished by a union of celerity and determination. Once resolved, the blow should follow. Nothing requires the agency of a mind capable of instant resolution more than pugilism. An opportunity once lost may never be regained.

The nature of the mark is of great consequence. Some pugilists shatter their hands by aiming exclusively at the upper part of the head of their antagonist, whereas were they to direct their blows at the nose and soft portions of the face, they would save themselves from injury and administer much punishment. But some times it so happens that a blow aimed at the nose, or its proximate region, will be averted by the habit which some men indulge in of ducking their heads. The blow aimed at the nose will thus fall on the forehead. This can only be prevented by attentive study of such peculiarity, and by striking low; if you cannot be sure of his nose, at all events make sure of his jaw. Next to delivering with judgment, expeditious hitting is of the utmost consequence; and "double hits," as they are called, are of the greatest importance.

Poising the body lightly and gracefully upon the toes of each foot, prepare to deliver, and, having done so, recover with a bound; but without a pause allow the natural elasticity of your hindmost foot to propel you again forward, when you will again deliver, this time with increased severity, your whole weight being included in the blow. This is effected solely by the impetus given by the right leg, and the left foot should not touch the ground in the second delivery. It is not intended to restrict the successive deliveries to two.

Why are most blows ineffective? Simply because they are without direction. Were the result of the pugilistic contest to be invariably decided by the mere elements of strength and determination, the hardest hitter would always be the conqueror; yet we invariably see rough hoosiers worsted by the most delicate professors. The reason is simply this, that the hoosier is extravagant with his strength, that he throws about widely that of which his more careful adversary knows the proper value, and uses accordingly. The rough makes what he supposes to be a correct aim at

his antagonist's head, and very often the blow falls upon that of another part. No blow can be effective in its delivery or consequences that is not given in a line with the great toe of the foot on whose side it is made. In planting a hit always direct that toe towards the object you intend to strike; then let go, not before.

The cross-counter is a blow delivered across your antagonist's chest by a particular action of your body, consisting in suddenly elevating yourself on your toes and accumulating your full power, bringing your body round with a swing on the balls of both great toes, and dashing your fist into your adversary's jaw. This manoeuvre is best used by two-handed fighters, who can take their man by surprise by darting in their right after leading off with their left, and *vice versa*.

The way to deal with a man who stands with his right leg and right arm in front is to work to your left in order to avoid his left hand. Be chary in leading off with the left hand, as that is at once difficult and dangerous. It is far better to lead off with the right hand, and duck at the same time to the left. When your adversary leads off with the right hand, duck to the left and counter either upon the face or body.

The blow on the face must be given like the right cross-counter, and the one on the body like the right-hand body blow, except that you must aim at the pit of the stomach instead of at a little below the heart.

The "upper cut" may be effected with advantage in cases where your antagonist holds his head unusually low; but it is very dangerous to the hand, and may be superseded by stepping back a pace as your opponent rushes in. He must raise his eyes to see where you are; avail yourself of that opportunity, and let fly straight at his face.

It is often observed of pugilists that they suffer considerable punishment even in the act of parrying; but why they should do so is a perfect mystery. Surely they cannot entertain the idea that mere strength is required to stop blows. By first securing the tips of the fore and middle fingers against the palm it will be found that the remaining digits will do the same, when no danger need be feared, as the fist is thus formed solidly, and its contact with another body is equally resisted.

The rally is effected by breaking down your antagonist's guard after an ineffectual delivery, for instance, and so commanding his face with both hands, which, of course,

should be used to the best advantage as rapidly as possible. The legs in this case should be brought squarely under the body, as all your weight is required to maintain your position. Your opponent will only be able to hit roundly at your head, and if you perform your part judiciously his blows will be of little effect. This course is most effective in cases where your head is grasped by your antagonist, as you may deliver your blows completely under his guard, and so not only punish, but surprise him.

Before delivering a blow the hands should never be clenched. The practitioner must habituate himself to reserve the necessary strain upon the muscles for producing a good hard fist until the fist has almost reached the very point of contact. This is essentially to be observed, else the strength that should be devoted to the blow will be found to have been expended upon the preparation for it.

Great exertion is generally expended upon the operation of stopping, which a moment's reflection will show to be needless. The pugilist requires no more violent effort than the foil player to avert a blow that his dexterity affords him the means of avoiding. We have known men who have exhibited seriously bruised arms after a contest; but the reason of such an appearance is not to their credit as scientific fighters. A touch as light as a feather is really enough to turn aside any lunge; while the most violent rebuff, improperly used, can do nothing more than injure the defender. Let it be then always borne in mind that the arms ought not to come in contact with the fists, and that, where such is the case, one of the antagonists at least can claim no pretensions to science. The proper attitude in guarding or stopping is an important consideration, as, unless the equilibrium of the body is accurately preserved, it is laid open to a return; and at the best, a clumsy expedient has to be adopted to recover position. As when a blow is delivered the best course is to make provision for immediate retreat by carefully poising the body, so when in retreat the opportunity of returning should never be lost sight of. It is sufficient to stop or parry a blow at arm's length, without rushing forward to impede it, and so put yourself in danger.

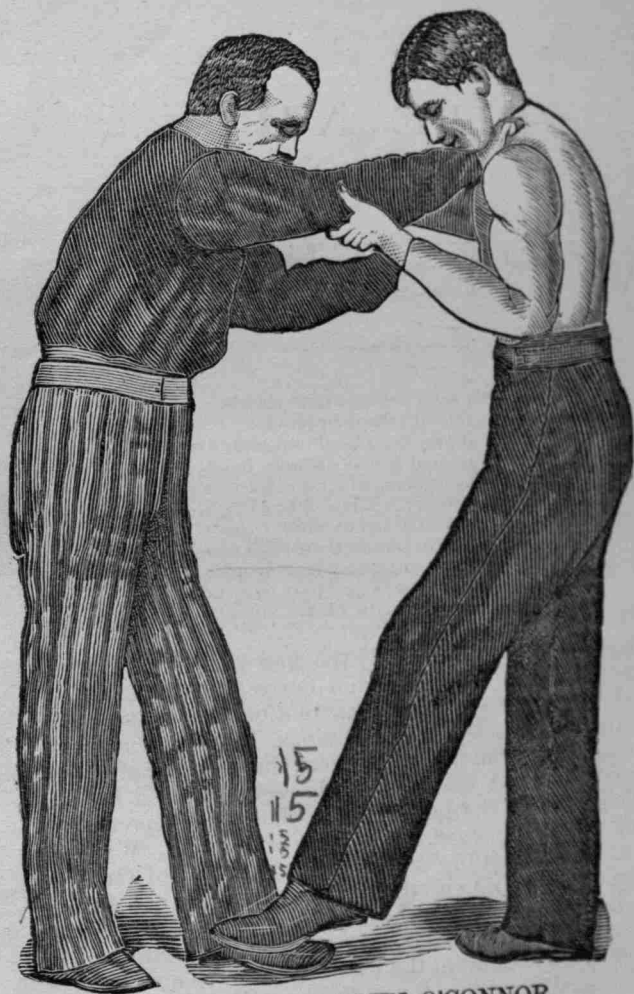
The striking hand is the left; the right hand ought never to be led with, as it exposes the head. A double can, however, be given with left and right—left first, which is most effective. By keeping your left arm for leading and the right stuck up as a guard, you keep the body out of

danger. But when you have your opponent in a dilemma you may fight with both hands.

The body-blow is most effective with high-arm fighters, as, by receiving on the short ribs or pit of the stomach, he must drop his arms, which are then powerless, and then you may pop your right with impunity at his face. The knowledge of the effect of his blows is very necessary to the pugilist, for it not only informs him of the extent of punishment he administers, but prevents him from taking unnecessary trouble, and saves him from injuring himself by striking the solid bones of his antagonist. The pit of the stomach, the short ribs, the thorax, the jaw and the ear, the nose, eyes, and mouth, are the most sensitive parts. They may all be attacked without danger to the hand; but when force alone is depended on, the temporal bones, the parital bones, the collar bones, etc., may be planted on. Wherever the flesh is closely adherent to the bones hard blows succeed in drawing blood and inflicting serious scars. Blows on its soft, pulpy manes are of scarcely any avail.

Blows may be distinguished into classes—those which act by producing numbness, and those which produce acute pain. Men have been known, after receiving a severe blow upon the parital bone, to suffer numbness and the peculiar sensation known as needles and pins for several successive days. Blows on the nose and stomach are the most acutely painful of all.

The pugilist requires judgment of time, distance and opportunity. He must not show by any outward expression what his aim really is. He must hold his opponent in this fix, that the latter will never know what he is to expect, or where to expect it. Certain points will be first noted, with an eye of a good general; but it would be folly to confine operations to one or two of these. Let your favors be equally distributed, and your fairness will meet its own reward.



ED. JAMES and JOHN O'CONNOR.

THE ART OF WRESTLING.

"Amid the ring each nervous rival stands,
Embracing rigid with implicit hands;
Close locked above, their head and arms are mixed;
Below, their planted feet at distance fixed;
Like two strong rafters, which the builder forms
Proof to the Wintery winds and howling storms,
Their tops connected, but at wider space
Fixed on the centre stands their solid base.
Now to the grasp each manly body bends;
The humid sweat from every pore descends;
Their bones resound with blows; sides, shoulders, thighs,
Swell to each grip."—*Popo*.

Wrestling is unquestionably the first art by which man, in the infancy of creation, could derive healthy exertion and amusement from bodily contention of a nature not calculated to excite the angry passions. It might, therefore, be considered as the finest and most simple proof of civilization. The great antiquity of the art is proved by the mention of it in Scripture, where Jacob is represented wrestling with the angel at the ford of Jabbok. We read of contests at wrestling throughout the whole of Grecian history, commencing with that between Hercules and Antius and terminating only with the final abolition of the Olympic, Nemean and other national games. But, according to Homer, the wrestling of the early Greeks was a mixture of pugilism and wrestling, for, in the great Wrestling Contest in the Funeral games over the Tombs of Patroclus, it is said of the wrestlers that "their bones resounded with

blows, etc.;" and yet this was a pure wrestling match, distinct from the ancient pugilistic or sparring match with the caestus.

Lycurgus being unacquainted with lawn-tennis, insisted upon the Spartan damsels indulging in wrestling. In India there has been tribes or castes of wrestlers from time immemorial, who performed at public gatherings, and are kept literally like fighting cocks by the native sovereigns and princes. Among the Mandingo tribes of Africa wrestling matches form the great social gatherings.

Our ancestors took great delight in wrestling matches. Amidst the splendid tournament at Guisnes, near Calais, the magnificence of which exhausted the coffers of Francis I of France and Henry VIII, there was a great wrestling match between twelve champions of England and an equal number of those of France, in which the victory was in England's favor. This seems to have excited more jealousy on the part of France even than the victories of all the knights, not excepting that which the superb champion, Brandon, Duke of Suffolk, achieved over the German giant, who was sent to the lists in the armor of a French knight in order that the English might not carry off the palm. The French chronicler is, however, more sore at England's success in wrestling, and he quaintly concluded his account by stating that the French were overcome, because France had neglected to send into Britany, where the prime French wrestlers were to be found. On this the English chronicler does not fail to express his confidence that had Francis produced all his wrestlers from West, or Britany, England could have beaten them. So much did this wrestling match gall the French and elate the English, that when Henry VIII and Francis I were dining together, and, we suppose, talking of the subject, Henry suddenly jumped up, and seizing Francis by the breast, exclaimed: "Brother of France, I must have a fall with you;" and the two monarchs had a severe wrestling bout, in which Henry was worsted. King Francis was accustomed to wrestle, and the same is not said of King Henry.

The mountaineers of many Swiss cantons still meet annually to strive for the prize of a long-wooled sheep, just as in mediæval days our forefathers wrestled for the ram. Halpenan, a recent "Wrestling King," as he was styled at Berne, has a grip like an iron vise, or the hug of one of his native bears, and is wont to swing his opponents at the Zwing feast round his head as if practicing with the Indian

clubs, whilst his rival, Wohlreish, is so stupendous in bulk that the struggle of Ajax and Ulysses has been from time to time revived by these stout mountaineers. In France the Bretons have always enjoyed a high reputation for their skill at wrestling and their fondness for its display, and no *fete* or *pardon* is complete without its wrestling match, at which the *gars*, with their long hair platted behind with a wisp or straw, display their proficiency in the *pegg hourn*, or back heel, the *tall scarge*, or outside stroke, and the *cliquet room*, or swing. The ring is kept in a somewhat unique manner at these meetings. Some of the men engaged in this duty are armed with whips, but there is always one fellow in addition equipped with an enormous and well-sooted fryingpan. This he approaches to the knees of all such spectators as show an inclination to press forward unduly, whereupon the desire to save their holiday garments, donned on these occasions, from such polluting contact, induces them to draw back immediately.

Great upon wrestling, both theoretically and practically, was that famous athlete, Sir Thomas Parkyns, of Burmy, whose quaintly written work on the "Cornish In-play," is adorned on the title-page, as befitted the production of a pupil of Sir Isaac Newton, with a Greek motto, and whose monument in Burmy Church depicts him in wrestler's garb. To him once came a traveling tinker of immense weight and strength, and challenged him to a fall. Sir Thomas at once took him up and pitched him like a child over a tall, quickset hedge. "Do you want anything more of me?" queried he. "Only for you to throw me my donkey over here," was the reply of the discomfited man of pots and pans; and accordingly the baronet proceeded to satisfy him in that particular.

It is curious that the best wrestlers of France were always from the west of that country, whilst England's best wrestlers, from the earliest history, were from the same quarter, viz., Devonshire and Cornwall. Sir Walter Scott, in the *Lady of the Lake*, describes a wrestling match between Douglass and other champions at the great games held before the king. The wrestling match between Bothwell and Burley, in the novel of "Old Mortality," as well as the mixed fight of swords and wrestling between Varney and the rivals of the Hero of Kenilworth, are almost matters of history; as also is the wrestling match before the Duke, in Shakespeare's "As You Like It." Such descriptions are often met with in the Italian authors, and

there are several in Ariasto. So congenial is this exercise to man in every stage of society that Mungo Park found it common in the interior of Africa; and he tells us that the negroes wrestle with a strength, agility and skill that few of our best wrestlers could contend with. Captain Cook found the amusement common in the islands of the Pacific Ocean.

The different stages of society had a considerable effect upon gymnastic exercises, when it was the only source of glory, and battles depended so much on personal prowess the people were exercised in pitching the bar, wrestling, and other gymnastic exercises; but when tactics decided the fate of battles, and art invented so many objects of mental employment and amusement, gymnastic sports were naturally laid aside. At present they have become necessary to counteract the bad effects of sedentary habits, and they are received as sources of rational amusement and of worthy emulation. But of gymnastic exercises, wrestling combines moral with bodily exercise. It not only gives strength and agility to the whole frame, but it exercises the practitioner in caution, vigilance, patience, courage, fortitude and magnanimity.

In Ireland the favorite hold is collar-and-elbow, and it is stated that one of their champions—a man standing five feet eleven inches—had beaten everybody at this hold; but when trying at the close hold he was an easy prey to even second rate hands. The Cumberland and Westmoreland methods tend more to the advantage of the weak and scientific antagonist over strength and ignorance of the main points. We have many instances of lightweights maintaining the championship of England against wrestlers of prodigious strength and prowess who were by no means contemptible in skill. Fawcett of Ashton, weighing about 148lbs., bore away the prize of the whole north of that country for seven years, although many of the competitors were excellent wrestlers and weighed nearly 200lbs. At Carlisle, in 1857, the celebrated Fearon, weighing 230lbs., was thrown by Sodd, a man whose weight did not exceed 168lbs. Edwin Bibby, standing only five feet four and one-quarter inches, and whose heaviest weight up to the present time was not over 150lbs., downed most of his heavier opponents in the Lancashire and catch-as-catch-can style, and also overthrew the gigantic Bonnet La Boneaf, the French heavyweight champion, at his own style, the French, or, as we call it, the Græco-Roman. Bibby has also met and con-

tended against Andre Crystal and Thiebaud Bauer, French champions; Clarence Whistler, the American Achilles; Duncan Ross, the Scotch athlete, and others of great strength, skill and celebrity. The favorite mode of wrestling in this country may be said to be the Irish, or collar-and-elbow, although the French, or Græco-Roman, has its admirers, as well as the Devonshire and Lancashire styles. In collar-and-elbow we have such exponents as Col. James H. McLaughlin, John McMahon, Charles Murphy, James Owens, H. M. Dufur and scores of other good men, with new ones springing up all the time and taking the place of the old ones. The Græco-Roman element numbers among its delineators Bibby, Prof. Miller, Bauer, Whistler, Le Duc, William Muldoon, Crystal, Dubois Brothers and many others.

The blacks in their native country wrestle with the back hold, but, as they invariably are thin and weak in the loins their effort is to break or materially injure the small of their adversary's back. This they effect by hugging the small of the back with both their arms, pressing on the spine, and pulling the back towards them whilst they press the chin on the adversary's chest from them to assist the operation.

Born with regard to security and agreeableness, a close soil, covered with good green turf, is the most proper ground for wrestling on, when care has been taken to remove all the hard bodies which might injure the wrestlers in case of falls, or during the struggles which take place on the ground. Too hard a soil presents but little resistance to the feet, and it weakens the confidence of the wrestlers, because they are afraid of slipping and of hurting themselves in falling. Ground covered with a deep sand is very disagreeable, because in wrestling upon it the body is almost always covered with and the eyes full of sand. Neither boots with high heels, nor shoes with iron about them, should ever be worn while wrestling. The pockets should always be emptied of all things that might be injurious to the movements, or that might do harm at the time of falling. The sleeves of the shirt ought to be turned up above the elbows, the waistband of the trousers should not be very tight, and the shirt collar should be open. It is expressly forbidden in wrestling for one to take his antagonist by the throat, or by any other improper part, to employ either the nails or the teeth, or

to strike him under the chin to make the water come in his mouth.

In wrestling upright the great advantage consists partly in following attentively all the movements of the feet of our adversary, in order to profit by the moment when he makes a false equilibrium; or, when all his forces are not acting in the same way, he fails in his attempt or attack, and gives us, himself, a real advantage. We see by this how useful it is, in order to wrestle with advantage, to study the equilibrium during the active station, then to know how to employ with advantage the action of the lever, to conquer or to oppose any obstinate resistance when our adversary is stronger than we.

The position which sometimes appears hopeless is often that which procures the victory. The reason of it is simple; he who has apparently the advantage almost always abates his vigor, instead of which he who is ready to yield assembles all his powers, makes a last effort, and takes advantages of his adversary, who believed himself already conqueror. The latter is so much the more disconcerted because he did not expect this vigorous resistance; for this reason, he who has the advantage ought never to give himself up to too much security; nor ought he who finds himself in a critical position to despair of success; but, on the contrary, he ought to oppose an obstinate resistance to the last extremity. It sometimes happens in wrestling that he who meets with a vigorous opposition, which he did not expect, soon loses his courage; the violence of the first shock is often followed by a dejection which he is not able to overcome, and the obstinate resistance which he experiences having soon exhausted his strength, he gives up his hopes, sometimes at the very moment when his adversary is on the point of yielding him the victory. As it is seldom that all the qualities of a good wrestler are found united in the same person, the great advantage at the time of the encounter is to discover immediately the weak part of one's adversary; has he the advantage over us with regard to weight, address, prudence and quickness will powerfully serve to fatigue him. (Address doubles the faculties of the body. Prudence and quickness often supply the place of strength when we know how to employ them with advantage.) We must carefully avoid being held tight in the arms of a man who is stronger than ourselves, and being carried away by him,

or we must render his so doing useless and fatiguing by interlacing ourselves in his legs, and by fixing ourselves round his neck, which we hold with force. The wrestler will at length be persuaded that the strength of a man is of little consequence when he who possesses it is deficient in those qualities which are acquired by experience and judgment.

SQUARING WITH THE HANDS, OR WRESTLING WITH THE FISTS.

In this position he who proposes to drag away the other ought to assemble all his forces, feel his equilibrium on the leg which is behind, bend himself gently, place his feet sideways (or pinch with the sole), and pull strongly that way which he wishes to bring his competitor. He who resists employs the same means till he loses his footing. If the greater force with which he is drawn away hinders him from stopping himself in a direct line, he makes a pace sideways, from the right to the left, for example (when the right leg is forward), draws, by this change of direction, his partner out of equilibrium, and endeavors to drag him away in his turn or regain his footing.

HEAD TO HEAD.

In this style of wrestling the one endeavors to make the other give way by pushing him strongly with his head and his arms, one above and the other below. If the ground is firm both have an equal advantage, which they will not always preserve, for one will be able, either by strength or address, to make his adversary recede; and, after he has once been able to put him in motion, he will never give him time to regain his footing.

THE BENDING.

In this action, where perseverance may often procure the victory, it is forbidden to touch one another with the hands, or to endeavor to make one let go by throwing him down, or by wringing his fingers. The bending ought to

be strong enough to hinder the prisoner from escaping, without, however, injuring him or making him fall down. The great advantage is to manage our strength, and to follow, with the greatest suppleness, all the movements of him whom we hold. When the prisoner is taller than the other, the latter ought to raise himself as much as possible on his toes, to keep up his shoulders, and to force away the hand which the other tries to introduce by his forearm. If, after having made several attempts, the prisoner is not able to disengage himself by introducing one or both arms between his own body and that of his antagonist, he ought to take advantage of the moment when the other forces away the arm which he tries to introduce, and endeavor to turn himself in the following manner: by leaning himself to the right, in order to introduce his left arm as soon as he feels that the other raises his shoulder, he makes a movement backward with his head, raises his arms parallel to his ears, and throws them forcibly, from right to left, over the head of his adversary. If he does not entirely succeed in turning himself by this movement, he leans his right forearm strongly against the nape of the neck of him who holds him, and remains in this position till he is able to turn and then disengage himself. He may also disengage himself without the assistance of his arms, but for that he must be very strong, and able often to repeat that blow he makes with his loins, to turn himself as above indicated, or to fatigue the opponent in some manner or other.

BENDING UPWARDS.

As soon as the engagement begins, he who makes the attack lowers gently the right hand of his antagonist, drawing it towards himself, and seizing the moment when the elbow of the arm, which he lowers, is close to the hip, he vigorously moves it off with the right, lowers the left hand of his adversary, making it pass before the body, and bends his left arm on the right, by acting strongly with the shoulder. The two arms are then joined together. During these different actions, the knee, which is before, ought to act in concert with the hands, in order that he who is pulling the other towards himself may make him lose his equilibrium. Here, the left knee being forward, it is the right arm which lowers, and the left which moves off

and bends. To execute this exercise with advantage requires more suppleness than strength. It contributes powerfully to the development of the breast and shoulders, it fixes the upper part of the body on the hips, and prepares the members for all the fine movements of wrestling.

FORMING THE LEVER.

HERE strength and tallness give one man great advantage over another who is shorter and weaker. However, the victory is not always on the side of the strongest. Here it is the left that bears away, the right and the head press down on the same side; that is, the left arm of the strongest moves away the right of the weakest, at the same time he leans his head strongly against that of his rival, and tries to overthrow him, by holding him always in the same position. This action, making him who is the least and the weakest bend the upper part of his body upon the hips, makes him yield in spite of himself. This movement is composed of four different actions: 1st, that of the left arm, which removes the right; 2d, that of the head, which leans with force in the same direction; 3d, that of the right arm, which pushes down the left shoulder; 4th, the general action of the upper part of the body, which acts to the right, and causes a gentle but almost inevitable fall.

He who proposes to resist this attack lowers himself gently, till he is able to seize, with his lower hand, the leg of his opponent, pull it up with force, put immediately one of his legs behind that on which the other stands, and lean the upper part of his body forward. However little address one may have, with great quickness he will always overthrow his adversary. Or as soon as the weakest perceives that the other wishes to press him down, he moves his head back quickly, interlaces at the same instant his right leg with the left of his antagonist by placing it inside, lifts up forcibly the leg which he holds, and pushes vigorously to the right, with his right arm, which he places across the chin of the other party; if he does not succeed to overthrow him, he ought at least to take advantage of this action to supplant him whom he holds round the body, by raising him from the ground to overthrow him to the right or to the left, without forgetting, especially, the action of the legs.

THE SEVEN SNARES OR TRIPS.

Among the great number of attacks used in Greek wrestling, we will point out the seven principal trips, or snares. It is extremely advantageous to understand them well, in order to employ them in case of necessity, or to know how to avoid them.

1st. The first, which is called exterior, is made from right to right, outwards, the knees and the hips kept well together; that is, the leg is placed outwards behind the right of the other man.

2d. From left to left. The left leg outwards, behind the left of the other wrestler. In the first case, the left hand of him who attacks draws back the upper part of the body whilst the right shoulder presses forcibly on the breast of him who is to be overthrown. In the second case it is the right hand which draws, and the left shoulder which presses vigorously. In the warmest moment of the action he who attacks ought to stiffen as much as possible the knee which makes the lever. In either case he who attacks ought to make all these partial movements as one single action, executed with the quickness of lightning; he who resists has the same chance as he who attacks, when he has foreseen the blow soon enough to ward it off; if, on the contrary, he has been surprised, or has no confidence in his strength, he ought immediately to disengage his leg and place it behind.

3d. One may also interlace the right with the left, placing it inside, then the under part of the knees are joined, and he who attacks makes the hook on the forepart of his rival's leg with the point of his foot.

4th. With the right against the left, in the inside, as above said.

5th. By letting himself fall to the left, to raise quickly from the right, with the top of his foot, the left leg of his adversary, tacking it under the calf, and to make it fall on his back, pulling him with the left hand, at the same time pushing vigorously with the right. In both cases he who is overthrown is made to describe a sort of half-turn on the heel of the foot which rests on the ground.

6th. To fall to the right by lifting up from the left, as above indicated.

7th. By giving a violent push from left to right; to take advantage of the moment when the opponent staggers; to

place the end of the right foot quickly on the exterior part of the foot of the opposite party, and to push vigorously from right to left, without moving the foot which holds. The exterior snare of the left against the right, and of the right against the left, is given when the adversary presents to us one of his legs, sometimes to make a trap, the right for example. If we see that he intends the exterior snare, from the right against the right, we move the left leg quickly, outwardly, behind that which he presents, by engaging him under the knee, we raise it up, drawing towards us with great force and rapidity; we pull at the same time towards us with the left hand, while we push forcibly with the right. When this action is well executed we seldom fail to overthrow our adversary. The blow of the knee is given at the moment when the adversary, bending backwards, moves one of his legs forwards to overturn you, you seize the instant when one of your knees is behind his, to give him with the knee a strong push in that part, and with your hands you draw or push his body in a contrary way. Care must be taken not to give the blow of the knee, except the knee which presents itself is a little stretched.

TAKING THE ADVANTAGE.

As soon as you have seized your adversary you must press your hand flat against his breast, and raise up your shoulders as much as possible, in order to prevent all his movements. This action takes place standing. The wrestlers place themselves one pace distant from each other, the arms bent, the elbows close to the sides, the fists shut, and crossed one upon the other, as high as the stomach. At a signal agreed on they approach, seize, escape, and let go each other, often several times, with great quickness, and endeavor, by means of all sorts of deceptions, to seize a favorable moment for taking the advantage, each one trying to introduce his arms between the arms and body of his opponent, and to embrace him with sufficient force to preserve the advantage. It is not sufficient only to have seized the adversary, as above indicated, but he must be held in this position till he acknowledges his defeat.

OF THE FIRST FALL.

SUFFICIENTLY prepared by all the elements of wrestling, we may now, without fearing any accident, familiarize ourselves with one of the most complicated exercises, both by the variety of the movement and the different situations in which we are placed during the action, which is about to be described. Placed opposite to each other, as has been indicated in the preceding exercise, the wrestlers endeavor, by all sorts of movements, to take the advantage; but as here the principal object is for one to throw down the other, it is permitted in the attack, in endeavoring to take him round the body, to throw him in any manner whatever, and when one of the wrestlers is much quicker and more dexterous than the other, it might happen that the victory may be decided before either has taken this hold of the other, for he who has twice thrown his adversary on his back ought to be acknowledged conqueror. As soon as one has taken the other round the body, he who has obtained the advantage ought to keep his head as close as possible on the highest of his shoulders, in order to hinder his opponent from taking it under his arm; then, in raising him from the ground, to push him from one side and to throw him from the other, or to take advantage of the moment when he advances one of his feet and to throw him down artfully by giving him a trip up. He who loses the advantage ought quickly to move his feet backwards—to lean the upper part of the body forwards—to seize, if possible, the other's head under one of his arms—to fix his other hand on the hip, or on the loins, and to make his adversary bear all the weight of his body.

WRESTLING ON THE GROUND.

In this exercise the two wrestlers are lying on the ground, one on his right side and the other on his left, two feet apart and opposite to each other; their arms are lying on their breasts, or extended down by their sides. The action begins at a signal agreed on, and he who is first able to suspend all the movements of his adversary, by holding him confined under him, upon his back, is conqueror. Here cunning, suppleness, agility, strength, and especially resistance, are indispensable. When the wrestlers are of

nearly equal strength, the victory remains sometimes undecided; each takes his turn to be on the top, and it sometimes happens that he who loses the first part gains the other two; or, by making an equal part, renders the victory undecided. In this manner of wrestling, as well as in the others, they very often engage three times, for it often happens that he who has the advantage in the first action loses it in the second, and is consequently obliged to begin again in order to decide the victory.

SIDE-HOLD THROW.

Throw your right arm around your antagonist's waist, beneath his left arm, seizing his right hand with your left in front, then throw your right leg to the farthest extent behind and towards his right side. Lift him off the ground by means of the right arm and press the thigh of your right leg against his left hip, raise your knee, and by a sudden jerk throw him backwards. When you do not wish to struggle, either to avoid being thrown or to throw your opponent, let your dead weight hang on him and swing with his movements. By this means you can rest yourself and tire him out.

BACK-HEEL THROW.

In giving this fall twist your right heel back and round your opponent's left heel, right arm across his throat, and left thrown round his waist under the right arm, clasping him around the waist. Push forward with your right arm, draw his body towards you with the left, and by a quick move of the right leg raise his left foot off the ground and throw him on his back. To counteract this manœuvre, he should remove his leg from before yours, thus placed to entrap him, and place it behind, by which means he obliges you to stand in the same dangerous situation.

CROSS-BUTTOCK THROW.

Rush in and grasp the opposite party round his neck with your right arm, throwing your body across him in front,

seizing his right arm with your left. Get his body across your hip, and by a violent forward movement of your right shoulder and right hip throw him forward on his head.

COLLAR-AND-ELBOW THROW.

In the square hold, or collar-and-elbow throw, each man shall take hold of the collar of his opponent with his right hand, while with the left he must take hold of his elbow. The men then make play with their legs and try to trip one another by quick movements of their feet, and when either one is off his balance seize the opportunity and twist him over on his back.

JAPANESE THROW.

It is common for the Japanese who desire to become very expert to get their companions to bend back their limbs in constrained attitudes, and thus leave the wrestler for hours and hours together, and, indeed, in some instances, even to dislocate and reset any particular limb. Bundles of manilla tied up in lengths of about two feet each form the ring, which is laid on the ground. If the wrestler is thrown within the ring, or falls upon any portion of it, or disturbs any part thereof with his foot, he is considered vanquished. The wrestlers have to stand back to back, and the appointed judge fastens a cord to the elbow of one and the knee of the other; sundry evolutions are then ordered by the judge, calculated to bring the greatest strain upon the limbs of the wrestlers. If either of the wrestlers falter under this exercise, frequently painful, he is excluded from the ring and the other declared victor.

FRENCH OR GRÆCO-ROMAN THROW.

In the ordinary French wrestling the men only wear a simple pair of trunks and nothing more; the legs are only made use of when a man is lifted off the ground, and the display usually takes the form of a dog fall and a prolonged struggle until one of the contestants manages to get his foe on his back with his two shoulder blades simultaneously touching the ground.

THE CUMBERLAND AND WESTMORELAND THROW

This style of wrestling is the most flourishing in England at the present time. The men stand chest to chest, each placing his chin on his opponent's right shoulder and grasping him round the body, each placing his left arm above the right of his antagonist, hold is then taken by joining the hands behind the back by a system of mutual consent, and it is not until both men are satisfied with their grip that play commences. Any one who has placed himself in such a situation must know that the lower the hold the greater is the amount of leverage obtained, and it is to prevent this being secured by a sudden clutch or snap to the disadvantage of the antagonist that the mutual consent system prevails. Once hold, every means of "felling" except kicking are allowed, but if either man breaks hold in the struggle he loses, as he does if his knee or any part of his body touches the ground. If both men come to the ground side by side, so that the umpire cannot decide which salutes Mother Earth first, it is a "dog fall," and must be wrestled over again, otherwise the man who is first down or under the other loses.

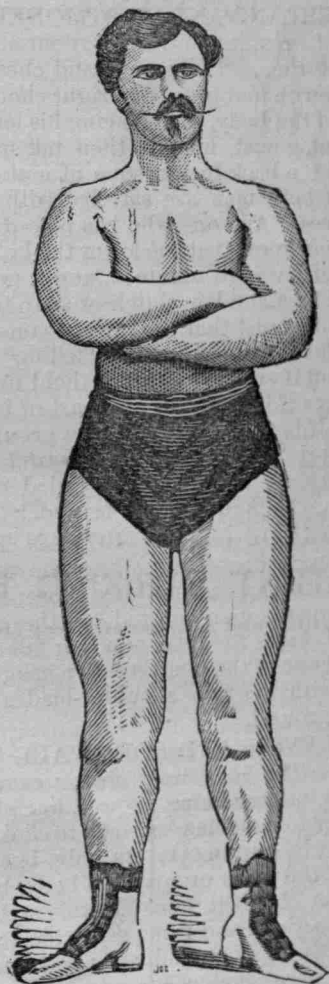
FRENCH OR GRÆCO-ROMAN THROW.

In the ordinary French wrestling the men only wear a simple pair of trunks, and nothing more; the legs are only made use of when a man is lifted off the ground, and the display usually takes the form of a dog fall and a prolonged struggle until one of the contestants manages to get his foe on his back, with his two shoulder-blades simultaneously touching the ground.

THE DEVON AND CORNWALL THROW.

In this style the men wear strong canvas jackets, and play for holds, neither being allowed to clutch both collars in one hand or to catch across so as to choke the opponent. The play must be on the jackets only, but it is allowed to catch around the neck or span the body, but not to touch any lower than the belt line. In this style kicking below the knee is practiced, and it is pretty, too, to see a man suddenly deprived of his perpendicular and sent sprawling on his back by a mere touch of his opponent's toe on the ankle or under the foot. It is very scientific, and in many respects resembles collar-and-elbow wrestling.

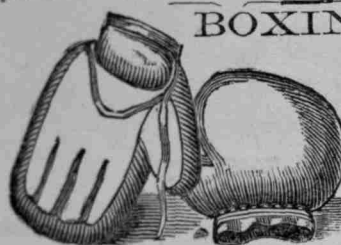
A great variety of holds are introduced, many of them resembling Græco-Roman, such as the flying mair, rope, arm, neck, over-and-under, Old Harry, jaw-breaker, intern-heap, neck-breaker, cuff-and-collar, fore-heap, cuff-and-shoulder, back-crook, jugular, cross-arm, &c.



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In this line we challenge the world to produce a superior article to ours at the same price.

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	Per art.
A.-Buckskin, stuffed with hair,	\$2 50
B.-Buckskin, stuffed with hair, very substantial,	3 50
C.-Extra Buckskin, stuffed with curled hair	4 00
D.-Extra fine soft Buckskin, bound with fancy colored leather, with strings to tighten, stuffed with curled hair....	5 00
E.-Extra fine and soft Buckskin, white kid palms, stuffed with the best selected curled hair, with strings to tighten, and bound with fancy colored leather	5 50
F.-"BOARDS," white kid leather, stuffed with the best selected curled hair, bound with fancy colored leather and strings to tighten the wrists.....	6 00

1st White French Kid Gloves, made of very best materials, style and finish, with gauntlets, very tastefully trimmed with fancy colored leather, per set, \$10.

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3 lb. each, per pr	2 50
4 lb. " " "	2 50
5 lb. " " "	3 00
6 lb. " " "	3 00



CLUBS.

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8 lb. " " "	3 50
10 lb. " " "	4 50
12 lb. " " "	5 50

DUMB BELLS.

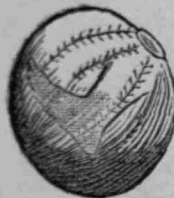
Iron, from 1 lb. to 100 lbs. each, per lb., 10cts.; Maple Wood, per lb. each, 25cts.; Lignumvite, per lb. each, 50cts.; Rosewood, per lb. each, 75cts.

PATENT STRIKING BAG,

For Pugilists and Athletes of Every Description.

This bag is intended to strengthen the arms, wrists, shoulders, back, loins, and particularly the muscles of the abdomen, and will teach the striker how to deal a blow.

No. 4, 20 lbs., covered with English canvas.....	\$12 00
No. 5, 25 lbs., covered with English canvas.....	15 00
No. 1, 20 lbs., covered with buff leather.....	20 00



Association RUBBER FOOTBALL.

1. 20in..	\$1 50
2. 22in..	2 00
3. 24in..	2 50
4. 26in..	2 75
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4 do.	1 75
5 do.	2 00
6 do.	2 25
Iron piass, pair	50




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English Haute Rapiers.....	per pair \$6 00
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Brass-mounted Foils.....	" 3 00
Brass-mounted Slinger blade, curved handle wound with fancy leather.....	\$4 50
Wire Masks.....	per pair \$3 50
Wire Masks, with ear protectors....	4 50
Wire Masks, with ear and forehead protectors.....	5 50
Wicket-handle Fencing Sticks.....	2 25
Fencing Gloves.....	2 00
Fencing Gauntlets.....	3 50
Plastrons for protecting the chest.	3 00



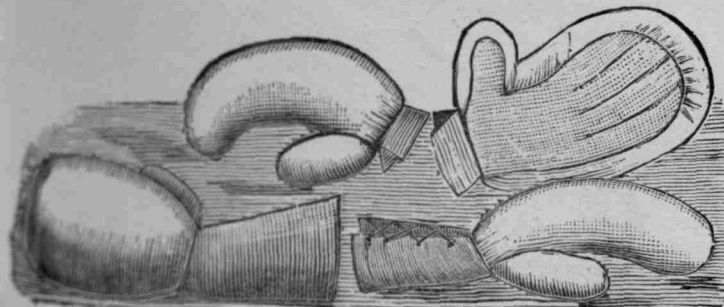
SPECIAL NOTICE.

PATRONS ordering goods will please be particular in giving explicit directions where they are to be sent, with name of town, county and State. The safest way to send money is by Post-office Order, Registered Letter or Draft. A deposit required on all orders exceeding \$4 in value, and, for less amount, cash should accompany order. Books and Prints sent by mail, post-paid, unless otherwise desired. Boxing Gloves, Indian Clubs and all bulky goods, sent by express. When goods are sent C. O. D., the parties ordering must pay the charges on the same, and for returning money. In the Territories, where express charges are very heavy, or where there is no express communication, Gloves, etc., can be sent by mail, at the rate of one cent per ounce, which has to be prepaid. Live Stock cannot be sent C. O. D., as the express companies will not forward on such conditions. No extra charge for boxing and packing. All letters of enquiry will be cheerfully and promptly answered on receipt of a stamped envelope. No merchandise exceeding 4lb in weight or 18 inches in length can be sent per mail.

 Articles of less than one dollar may be forwarded in one or two cent postage stamps. A silver half-dollar requires an EXTRA three cent stamp. No goods exchanged. Twenty-five per cent. deposit required on all C. O. D. orders when the parties are unknown to us.

Respectfully,

Ed James & Co.



BOXING GLOVES. BOXING GLOVES.

In addition to the various grades of Boxing Gloves manufactured by us, in order to accommodate our increasing patronage, we now make up and constantly keep on hand the following additional varieties:

FIGHTING GLOVES, of best French kid, with long wristlets and eyelets to lace tight, double sewn, per set, \$7.

FIGHTING GLOVES, same style, of best chamois, per set, \$5.

GAUNTLET BOXING GLOVES, of best French kid, stuffed with curled hair, with large handsome gauntlet, fancy colors and beautifully ornamented, per set, \$8.

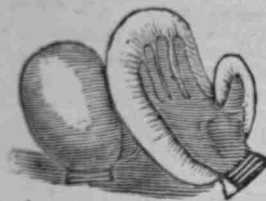
GAUNTLET BOXING GLOVES, same style, best chamois, per set, \$4.

CLOSED PALM BOXING GLOVES, whereby the fingers are completely covered in front, with no seams or forges, and making them easy to shut and very durable, best French kid, stuffed with curled hair, per set, \$6.

CLOSED PALM BOXING GLOVES, chamois, same style, \$4.

BOXING GLOVES WITH VENTILATED PALMS and heel pads, French white kid, stuffed with curled hair, per set, \$5.

NEW MODEL BOXING GLOVES, with elastic wrist, best French white kid, stuffed with best curled hair, per set, \$6.



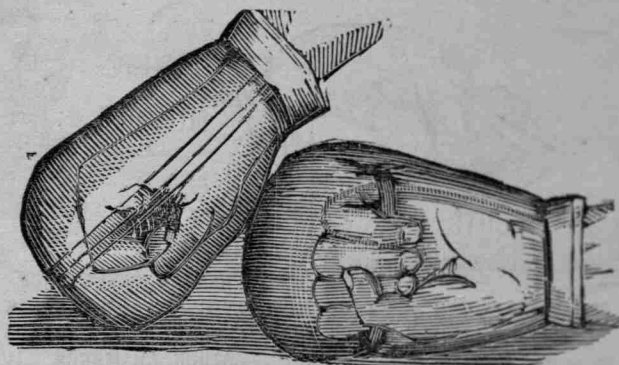
PROTRUDING FINGERED BOXING GLOVE.—This glove is manufactured from patterns used by the celebrated Jem Ward, ex-champion of England, and by him presented to us. Made of best and softest French white kid, stuffed with curled hair, with the hands sewn on so as to give full play to the

fingers, being fastened at the back of the first joint, enabling the user to close the hand snugly and with ease, finding great favor with the teachers of boxing throughout the country, as the more they are used the softer they become. Price, per set, \$6.50.

Four gloves compose a set, two left-handed gloves and two right-handed ones.

In ordering Boxing Gloves customers should be very particular in stating the exact kind they wish, as our object is to give the best satisfaction to all who favor us with their orders.

Address **ED. JAMES & CO.,**
Clipper Building, 88 and 90 Centre street, New York.



THE NEW PATENT SEAMLESS BOXING GLOVES

Without fingers or thumbs, being held on firmly by grasping a leather strip inside the glove (see cut). No ripping or bursting or falling off the hands; they are seamless and fit to perfection. The most durable article ever made, and the only glove which brings the art of boxing to as near the real thing as possible.

Manufactured of best French white kid, with ventilators at the sides, per set of four gloves.....\$6 00
Superior buckskin, per set.....4 50

In ordering this glove please specify that you wish THE PATENT SEAMLESS GLOVES, in order not to cause any mistakes.

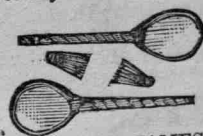
ED. JAMES has the sole agency for New York State, and the Patent Seamless Glove can only be obtained by sending to headquarters.

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The gloves are made of Indian tanned buckskin, with padded palms, half fingers, and are as soft and pliable to the hands as kid. Price per pair, \$2.

The Catcher's Masks are made of wire, and cushioned with soft leather, filled with the best curled hair. They are light and easy

to adjust. Price, each, \$3.



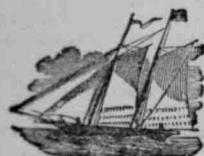
BATTLEDORES AND SHUTTLECOCKS.

BATTLEDORES,
from \$1.25 to \$3.00 per pair.

SHUTTLECOCKS,
from 30 cents to \$1.00 per pair.

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Lucy,
American Girl,
Dexter vs Butler,
Glacier,
Red Cloud,
Smuggler,
Canon,
Fleety Goldust,
Nattie,
Mambrino Gift,
Lola,
Bodine,
May Queen,
Sensation,
Gov. Sprague,
Henry,
Lady Thorn,
Dutchman,
Lady Fallon,
Hambletonian,
Flora Temple,
Occident,
Harry Bassett,
Longfellow,
Mollie McCarthy,
Edwin Forrest,
Lucille,
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Blackwood, Jr.
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Cotton Tights (no seams), solid colors, \$30 per doz., \$2.75 each.
Same as above, in stripes, \$36 per doz., \$3.25 each.
Extra fine qualities, knit from worsted, in solid colors, \$48 per doz., \$4.25 each.
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Any of the above, with Initial Letters, Anchors, Oars, Stars, etc., extra, \$8 per doz., 75 cents each.

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Of cotton, solid colors, \$27 per doz., \$2.50 each.
Extra fine quality, knit from worsted, in solid colors, \$45 per doz., \$4 each.

Stripes knit in either of the above, extra, \$3.50 per doz., 35 cents each. Also imported goods of cheaper qualities, furnished when desired at 20 per cent. less than the above prices.



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Cotton, \$12 per doz., \$1.25 each; good quality, \$18 per doz., \$1.75 each; heavy worsted, \$24 per doz., \$2.25 each; extra fine worsted, \$30 per doz., \$2.75 each.

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Cotton, any colors, \$9 per doz., \$1 each; heavy quality, \$12 per doz., \$1.25 each; fine worsted, \$18 per doz., \$1.50 each.

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White canvas, leather soles, \$2.50 per pair; white canvas, extra strong rubber soles, \$4 per pair.

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Low cut, with draw strings, \$12 per doz. pairs; extra quality, with eyelets and laces, \$15 per doz. pairs.

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English Web, \$1; Union Web, fifty cents.

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American Spiked Running Shoes (buff), per pair, \$3.50.
Best imported Spiked Running Shoes (black), per pair, \$7.

Hydraulic Rowing Machine.
Single machine, complete and ready for use, \$30; two machines, one seat, two levers, \$55; four machines, four seats, four levers, \$110.

HEALTH LIFT MACHINE.

A complete gymnasium for men, women and children. Elastic, reactionary and cumulative. Price, complete, \$30.

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Over fifty different Exercises can be performed with this apparatus. No. 1, for children from 4 to 6 years, \$1; No. 2, for children from 6 to 8 years, \$1.10; No. 3, for children from 8 to 10 years, \$1.20; No. 4, for children from 10 to 14 years, \$1.30; No. 5, for ladies and children 14 years and upward, \$1.40; No. 6, for gentlemen of moderate strength, \$1.50; No. 7, \$2; complete set of seven, \$9. No. 7 is fitted with a screw-eye and hook to attach to the wall or floor. Two of this size, properly arranged, make a complete gymnasium.

Improved HORIZONTAL BARS

For Gymnasium, Stage or Parlor. It can be fixed easily in a few minutes in any room, and as quickly removed; and is adapted for both sexes and all ages. The fastenings are most ingeniously arranged to adjust the bar to any height. Height of upright, eight feet; it can be adjusted as low as four feet, and regulated to use from a four to a six foot bar. With two pairs of the Iron Stanchions, very strong and neat Parallel Bars can be made. Horizontal Bars made of the best young hickory wood, and finely finished. Price \$1.25, \$1.50, \$1.75, \$2, \$2.25, \$2.75, and \$3.25 each. Size, 3½, 4, 4½, 5, 5½, 6, and 6½ feet. Price, with everything complete, \$25.

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Full length cotton, flesh, white, per pair, \$2.50; in fancy colors, same style, \$3; fine worsted, black, white, or flesh color, \$4; in fancy colors, \$5.

MEASUREMENTS

1. Around waist.
2. Full length.
3. From crotch to heel; also, give the length of foot.

STOCKINGS.

In any color or colors, long lengths to come over the knee, all wool, per pair, \$1.
Extra heavy quality, \$1.50
Fine worsted, plain, 2.00
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Worsted, striped, 3.00
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Worsted Leotard Body and Body Shirt, \$3.50 each.

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THEATRICAL WIGS.

MEASUREMENTS.

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- No. 2. Around the head.
- No. 3. From ear to ear across the crown.
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Full Beard with Moustaches, \$2 to \$5.
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Combination Beard, in four parts, which can be used for full Beard, Side Whiskers and Goatee, or Dunderbary's, with and without Moustache, from \$3 to \$6.

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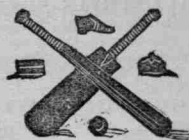
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Outfit No. 1, embracing Shirt, Pants, Cap, Belt, Hose, Shoes and Spikes, complete, per man, \$9.

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P. & S. Professional Ball, red or white, per dozen, \$12; each, \$1.25.

P. & S. Amateur Ball, red or white, per dozen, \$9; each, \$1.

BATS.

Ash, Bass, Spruce or Willow, per dozen, \$2.50; Light American Willow, half polished, per dozen, \$5; Sapling Ash, wound and waxed handles, per dozen, \$6; American Willow, loaded at handle with ash, per doz, \$8.

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First quality, any solid color with letter or number on shirt, \$36 per doz.; \$3.25 each. Second quality, \$33 per doz.; \$3 each. Third quality, cheaper style of flannel, \$27 per doz.; \$2.50 each.

First quality opera-flannel, any color, stripe or check, \$32 per doz.; \$3.75 each.

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First quality, of any solid color desired, \$36 per doz.; \$3.25 per pair. Second quality, \$32 per doz.; \$3 per pair.

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Oxford or Low Cut, made of fine white canvas, with patent spikes, \$34 per doz., \$3 per pair. Ditto, without spikes, \$24, \$2.25 per pair. Balmoral or high cut, made of fine canvas, with leather, instep straps, etc., and with patent spikes inserted between the soles when made. The spikes can be taken out and put in the soles in two minutes' time, and the shoes worn in the streets without injury, \$36 per doz., \$3.25 per pair.

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Leading styles, flannel, any colors, \$6, \$8, \$12, per doz.; Jockey Club shape, \$9, \$12, \$15, per doz.

STOCKINGS.

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BELTS.

American Union Web, different colors, 2 1/2 inches wide, 24 to 36 inches long, black leather finish, double straps and buckles, \$3.50 per doz.

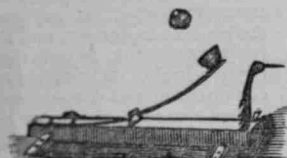
CRICKET GOODS.

Cricket Bats, all patterns, with bag, each, \$1 to..... \$12 00
Cricket Balls from \$1.25 to..... 4 00
Wickets or Stumps and Balls, per set, from \$2.25 to..... 3 50
Leg Guards, from \$3.50 to..... 6 00
Knee Pads, per pair..... 3 25
Abdominal Protector..... 2 50
Open Palm Batting Gloves, per pair 5 00
Batting Gloves, ordinary tubular.. 3 50
Wicket-keeping Gannets, tubular 5 00
Long-stop Gloves, per pair..... 3 50
Belts, each, from 75c. to..... 1 50
Morocco and Leather Belts, stitched, painted names sunk in, \$2 to.... 3 00
Cricket Score Books, each \$2 and... 3 00

CROQUET GOODS.

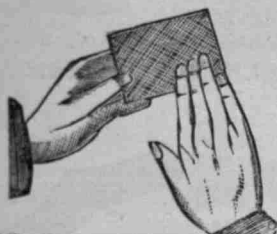
Boxwood.—The most durable set made; superior in every respect; separate compartments for the balls; with patent design Mallets, in chestnut case..... \$15 00
BEACH, OR ROCK MAPLE.—Imitation Boxwood. This is the best set that can be made from these fine American woods. Patent design Mallets, in chestnut case..... 9 00
ROCK MAPLE.—French polished. A very handsome and durable set. Patent design Mallets..... 7 50
SELECTED HARD WOOD.—Thoroughly made and varnished; a handsome set; patent design Mallets..... 6 00
HARD WOOD.—Good selection of hard wood; barrel-shape Mallets; handsomely striped; full set and very durable. Balls and Mallets varnished..... 5 00
HARD WOOD.—Barrel-shape Mallets; substantially made. One of the best cheap sets made in this country. Balls varnished..... 4 00
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YOUTH'S SET.—Hard wood; oil finish 3 00

THE BOGARDUS PATENT Glass Ball Trap and Rough Balls.



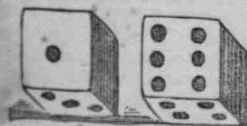
These Traps and Balls, patented by Bogardus, and used by him many thousand times, prove to be just what is wanted by all sportsmen's clubs and amateurs. \$6 each. The Patent Rough Glass Ball.—The only ball that will break sure when hit by shot. Every ball marked. Patent Rough Glass Balls, \$2 per hundred; Patent Filled Ball, \$2 per hundred; Smooth Glass Balls, \$1.75 per hundred. The above balls are packed three hundred in a barrel, ready for shipping.

Field, Cover and Trap Shooting, by Bogardus. Price, \$2.50.

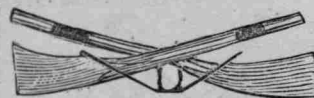


Readers or trick cards, as used by magicians and others, puzzling everybody not in the secret. Price, with full directions, per pack, \$1.

WINNING DICE.



Of best ivory, three high, three low and a ree square. Price per set of nine, with directions for use, \$5.



SPOON OARS.

Leathered and coppered, 7 to 7 1/2 ft., \$3.50
do do 8 to 9 ft., \$3.75
do do 10 ft., \$4.00

With buttons, right and left, 9 to 10 ft..... \$6.00
Plain spruce oars, per foot... 15c.
Plain ash oars, per foot..... 12c.

ROWLOCKS.

Side plate, brass, per pair... \$2.50
do galv. iron, pr pair. \$1.25

CLEATS AND CHOCKS.

Galv. cast iron, per lb..... 14c.
do do chocks, per lb. 14c.

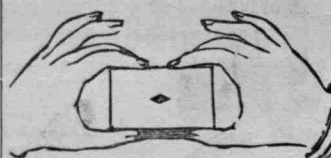
TACKLE BLOCKS.

Galv. malleable iron, with wrought hooks, length 2 1/2 to 3 1/2 in. each..... 50c. to \$1.50

RUDDER BRACES.

Galv. malleable iron, per doz. sets..... \$3.25 to \$4.50

Strippers or Magic Euchre Cards.



By means of which the most celebrated card tricks known can be performed without practice. Per pack, \$1.50.

TOMMY DOD TOPS.



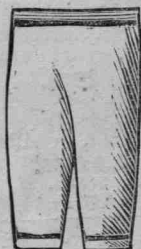
Will spin high or low, as desired. Of best ivory, with explanation of the secret, \$3.00.

EUREKA ROWING MACHINE,



This machine gives an excellent and exact representation of rowing. It has the sliding-seat movement, and its propelling action is with oars (as in a boat). It is simple in construction and durable, and it packs so small that it can be stowed away in almost any cupboard or closet, and can be put up and worked in any ordinary-sized bed room. Total weight, 27lb. A beginner can

learn on it to be a good sculler, as well as increase his muscular and physical development. By shifting the chain links attached to the lever it can be adapted to the strength of any person, or used and worked by a child 12 years of age. Price, complete and ready for use, \$10.



NEW ATHLETIC SUITS.

Seamless Shirt, pink or white,

\$1 00

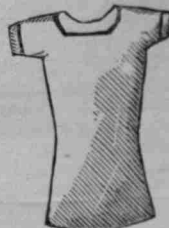
Knee Tights, pink or white,

\$1 00

With fancy trimming, each

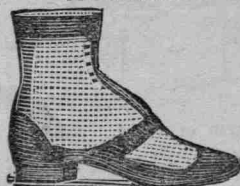
\$1 25

Flannel Caps, from 75c. to \$2 00



In ordering state width across chest, waist, and size of cap worn.

RUNNING AND WALKING SHOES.



American spikes,

Running Shoes,

per pair.....\$3 50

English imported

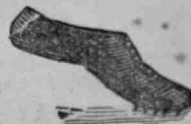
spiked Running

Shoes.....\$6 00

Balmoral canvas

Walking Shoes,

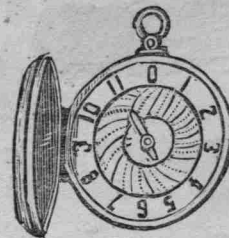
\$3 50



AMERICAN PEDOMETER.

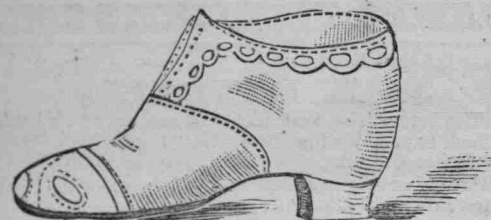
Easily adjusted to any length of step from 23 to 35 inches, measures accurately, is the size of an ordinary watch, in a nickel-plated case, and can be carried in the vest pocket. It will measure the exact distance you walk. It is a true indicator of the amount of exercise taken in and out of doors. Invalids will find it invaluable in regulating their exercise. Full directions, together with ready reference table, accompanies each one

Price, \$5 00.



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Song-and-dance Shoes, French, Dutch, and Dyers' Wooden Sole Shoes, etc.

Red, Blue, or Black Dancing Clogs, of best French morocco, fancy stitched and ornamented, with wooden soles, and brass jingles fastened to the soles, with gold bronze around the heel and sides..... per pair \$3

Dancing Clogs, same colors and make, with jingles neatly set inside the heel and out of sight... 3 75

Dancing Clogs, same colors and make, with ornamented tips of any desired color..... 4 00

Dancing Clogs, same colors and make, with fancy trimmings around the ankle, and ornamented toe tips, any color desired.... 5 00

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Red, Blue, or Black Dancing Clogs, with gold or silver leather trimmings around the ankles and toe tips..... 6 00

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Spring Clogs, any colors, with gold or silver trimmings..... 8 00

BALMORAL Dancing Clogs to lace up above the ankles, any one color, with jingles..... 4 50



Directions for Self-measurement:

No. 1. Measurement around foot at toe.

No. 2. Measurement around foot at instep.

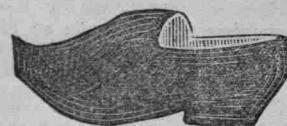
No. 3. Measurement around over instep.

No. 4. Measurement of length of foot.

N. B.—In addition to the above measurement, it will be necessary to state what size shoe you wear—that is, whether it is a No. 5, 6, 7, 8, 9, or 10; if half sizes, specify that also.



FRENCH GALOSHES, or wooden sole low cut shoes, with stiff leather uppers, adapted for beginners... \$2 00



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